



**‘POSITIVE IMPACT AS OPPOSED TO ZERO IMPACT.’**

## 2022 RETROSPECTION

What makes F Zeen Retreat unique is the art of combining respect for nature with a comfortable and luxurious life. Summer 2022 found us with a great appetite to develop this ethos through new avenues.

Life is all about experiences and, unlike material things, each experience stays as a forever memory. Our inspiration has always been drawn from looking at what our guests experience. Having this in mind, in 2022 we introduced our guests to new additions inspired by their best #fzeenmoments & wishes:

- Private tennis court
- State-of-the-art Foresight golf simulator
- Set menu projects
- New organic Chef's Garden area
- New yoga sessions (including sound healing meditation)
- New gym sessions (including theraband stretching, mobility class, lower body, fitbands class, swiss balls class)
- New Pilates area with high-end reformer beds
- New signature spa treatments
- F Zeen rituals (2022 monthly happenings)
- F Zeen Loyalty Program



The end of the Season is an opportunity for us to summarise our creations. We are thankful to everyone who joined us on our journey and inspired us to evolve, especially our loyal guests.



#### F ZEEN VALUES ARE NURTURED BY NATURE

Our values at F Zeen Retreat keep us committed to having a purpose. We are in a symbiotic relationship with the world surrounding us. We care about nature, people and the culture within our communities.

With sustainability and conservation at its core, F Zeen has enacted several initiatives to maintain the preservation of nature and the surrounding landscape.

**We protect and honour nature** by enveloping F Zeen with botanical gardens. The F Zeen eco-system within its 15 acres of fertile land consists of 8000 species of trees, herbs, flowers and plants. A botanical garden on its own, inextricably linked to the unique micro-climate of the island.

**We believe in the importance of leading a healthy and balanced lifestyle.** We make no exceptions with our food, using only fresh and the highest quality ingredients mainly from our on-site gardens and from local producers from Kefalonia, to create outstanding dishes that provide as much nourishment as possible.



**We offer sustainable activities leaving no trace.** Most of our activities involve nature in different ways. We try our best to preserve this wonderful planet in everything we do. Even our gym & yoga areas are integrated into the surrounding nature.

What would a trip to F Zeen look like without hiking along Mount Ainos and admiring its unique flora and fauna?

**We collaborate with local suppliers** to ensure energy efficiency, eco-friendly practices and low-carbon resources in all aspects. We support local businesses reducing our environmental impact and enhancing the community's well-being.

**We strive towards having a net positive impact** and use digital tools to provide our concierge services. From our in-room tablets to the launching of our Loyalty Program with its own mobile app.

**We continually work towards reducing energy consumption and carbon emissions.** From led lighting to solar panels and minimising the overall usage of linen and eco-friendly cleaning material.

**We involve our colleagues in all our actions** because everyone in our company plays a crucial role. Our staff are motivated by our social responsibility and we hire locally as much to support our community

We have chosen to look beyond zero impact and rather towards a 'lasting positive impact' which we believe to be more sustainable.

**We have set our goals** and are constantly working to achieve our legacy of being a company with a timeless ethos.



## OUR MESSAGE FOR 2023

Earth is our only home and it is our responsibility to protect and cherish it. Having acknowledged the challenges, the earth is facing we have decided to lead by example, towards a better world and a healthier environment. Our aim has always been to bring people closer to nature with a luxurious and eco-conscious way.

We are celebrating our relationship with you and salute the end of Summer 2022. We know that when a season ends, a new one begins. In this new season and until we meet again physically at our paradise in Kefalonia next April, we encourage you to maintain the preservation of nature and the surrounding landscape.

Be Good - Do Good - Live Good

See you soon. 🌿

-ENDS-

Notes to editors: For high-resolution photos  
of F Zeen Retreat, please [click here](https://www.fzeenretreat.com).



#### **ABOUT F ZEEN RETREAT:**

F Zeen is an adults-only wellness retreat nestled on the pristine shores of Kefalonia Island in the Ionian Sea. Embracing the slow life, this family-run boutique hotel is a sanctuary of tranquility designed to deliver a meaningful experience. At F Zeen nature is the focal point. Buildings emerge as part of a landscape of tropical flora with carefully designed spaces amidst a Mediterranean pine forest. F Zeen means "The Good Life". A concept that stems from the ancient Greek philosophy, adopting a lifestyle that focuses on the balanced connection of mind, body and soul with the surrounding world. The warm welcome and friendly atmosphere that includes unique amenities and a personalised service, is enjoyed each year by a long list of loyal guests. Immerse yourself in the Greek island life, relax in harmony at F Zeen Retreat and delve into a rejuvenating staycation.

**For further press information and images, please contact:**

Marketing Department: [marketing@fzeen.net](mailto:marketing@fzeen.net)

**IG: [f\\_zeen\\_retreat](#) FB: [F Zeen](#) Youtube: [F Zeen Retreat](#) LinkedIn: [F Zeen](#) Spotify: [F Zeen Retreat](#)**